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Compliments
to

Mr Evelyn Wrench
from the
author + his family

Sincerely

Chicago L D Rogers
Nov 13, 1916

Auto-Hemic Therapy

Treating Your Blood
With Your Own Blood

BY

L. D. ROGERS, A. M., M. D., LL.D.

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Dedicated to my Son
LYMAN WRIGHT ROGERS, LL.B.
who allowed me to use him as a subject for
experimentation during the early days of
my research work, at a time when
it was not easy for me to get
persons to risk their lives
for the cause of science

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L. D. ROGERS

PREFACE

Of the thousands and thousands of experiments with the blood and tissues, I find none recorded like those I have made, or that there has ever been announced a method of treatment identically the same as or even similar to the one I have developed and recorded in the following pages.

From our studies we have learned much and realize the need of learning a great deal more about the blood—that most wonderful of all carriers which conveys sometime or other every atom of nutrition to the body

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and every particle of waste matter away from the body.

We are almost ready to assert that every man carries his own drug store with him in his blood.

With scarcely any qualifications we can say "as your blood is, so are you."

It was my good fortune to be obliged to spend the winter of 1909 and 1910 in London and Paris. I became greatly interested in the study of cancer and spent much time in visiting the Imperial Cancer Research Fund Laboratory, The Middlesex Hospital Cancer Research Laboratory and the Laboratory at St. Mary's Hospital, presided over by Sir A. E. Wright, who was knighted by the King on account of his discoveries pertaining to the blood

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and vaccines. He is the man who originated the idea of vaccination against typhoid, a preventive measure which has kept the armies of Europe during recent times free from a disease that in former wars often killed more soldiers than the enemy's bullets.

I also visited the Pasteur Institute in Paris and got many new ideas. Naturally, I became greatly enthused over the possibilities of Serum Treatment. I came home with the determination to make an attempt to discover a serum for treating cancer.

I began at once to experiment at the National Emergency Hospital, Chicago, under the same roof where only seven years before it was my privilege as Dean of the college

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to give for his experiments and demonstrations dogs, cadavers, laboratory and operating room facilities to Dr. Alex. Carrel—later of the Rockefeller Institute of New York and winner of a Nobel Prize of \$40,000, and now one of the chief surgeons for the armies of France.

My efforts to discover a cancer serum cure were only partially successful but out of these experiments I have evolved a New System of Blood Treatment, the merit of which can be quickly demonstrated, far more important to the world because of its wide applicability.

We are inclined to believe that time will show that my discovery is even more important than Carrel's, for which he was awarded the great prize, because of its greater practical

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use. In eugenics alone it promises possibilities for good beyond comprehension.

We estimate that it is capable of reducing the amount of congenital defects, mental and physical, fully fifty per cent, while enabling the child in many cases to be born with about twenty-five per cent more intelligence and resistance to disease, besides making child-bearing seventy-five per cent easier.

We also believe that it is capable of giving ethical profitable employment to 10,000 physicians, bringing health and happiness to ten million people which they can not get by any other method of treatment.

L. D. ROGERS.

546 Surf Street, Chicago.

June, 1916.



To make the vein full and prominent in front of the elbow, the patient is twisting the ends of a handkerchief encircling his right arm and clinches the fist of the same. The author is about to make an injection, using a two c.c. all-glass syringe.

EXPLANATION OF METHOD

This new system of blood treatment consists in making a serum or solution in which there is some of the patient's own blood.

Five drops of the blood, or some multiple of five, are taken from the finger tip or from a vein, usually one in front of the elbow, and added to nineteen times as much of water absolutely pure. This is then subjected to certain degrees of heat, extended over a certain length of time, and further dilutions made according to its condition and the condition of the patient. A relaxed or depressed state requires a serum

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differently prepared from one needed in an opposite condition. Nothing is added to the solution except what naturally belongs in the blood: no poisonous chemicals or disease producing germs either alive or dead.

When ready for use the serum is colorless, odorless and tasteless. We also believe that there is no chemical test known sufficiently delicate to determine its contents.

Ten to twenty drops of this serum or solution thus prepared is injected under the skin or into a vein. If injected into the latter it hurts less, usually, than the prick of a sewing needle or a pin. Hundreds of times when the vein at the outer aspect of the region in front of the elbow was prominent I have been able to inject the serum into it without the pa-

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tient feeling it at all. This region seems to be almost devoid of sensation.

The serum may be given by the mouth, but not always with as certain results. When patients live at a great distance from their physician, it is sometimes necessary to employ this method of administration.

I obtain blood from distant patients in the following manner:— I instruct the patient to wrap a string or a narrow ribbon several times tightly around the index finger of the left hand, just above the first joint, the one next the nail; then to wash the space between that joint and the root of the nail very clean with soap and water; then to wash it with grain alcohol. Next, to draw blood from that region by stabbing

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with a fine pointed sewing needle which has been dipped into alcohol; next, with the aid of an eye dropper, to catch five to ten drops of blood and put into a 2-dram bottle which is half full of perfectly pure water absolutely sterile.

For this bottle and its contents, also the eye dropper, to be surgically clean is so very important that I supply them myself, by post, in a proper mailing case in which the bottle containing the solution of blood can be safely and conveniently returned to me.

Early in our experiments it took a couple of days and much complicated and expensive apparatus along with much hard labor to make the serum.

We have gradually simplified the

technique of making it until now we can prepare it in a half day if necessary with simple apparatus which may be found in the office of almost any physician.

THEORY OF ACTION

“A little leaven leaveneth the whole lump.” A tiny match may start a conflagration that will burn up millions of dollars’ worth of property, or ignite a fuse that will end in propelling tons of metal for miles with all their all powerful, destructive forces.

Just as the latent energy residing in water may be converted by the application of heat into an expansive vapor, namely, steam having a force sufficient to drive great engines and draw long heavy trains of freight,

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and just as the latent energy residing in gasoline may be transformed by little sparks of fire into an expansive gas, having a force capable of propelling automobiles and flying machines at a wonderful speed; so, likewise, the latent energy in the blood, by the injection of a few drops of this serum directly into the vein seems to be converted into "antibodies" which manifest their power and activity in a thousand ways.

It is a well established fact that the amount of work a ferment may do bears no relation to its size. A parlor match will ignite a keg of powder just as quickly and just as effectively as a torch a thousand times as large.

The salivary glands secrete ferments; so do the gastric glands, the

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intestinal glands, the suprarenal capsules, the thyroid, the pituitary body, the ovary, the testicles and hundreds of other glands. It is also believed that every active histological cell secretes a ferment. Each performing some useful function in keeping the bodily machinery in order. Every one of these ferments are transported to and fro by the blood.

If the thyroid gland lying on both sides of the neck in the region of Adam's apple is over active we have goitre and owing to over secretion of thyroid ferment a very rapid pulse. If a large part of this gland is then cut out the pulse will be reduced in frequency to about the normal. If all the gland is removed the individual within a few months becomes an imbecile. Many feeble-

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mind and backward persons have been improved by giving them thyroid extract from sheep.

If the entire thyroid gland be removed on account of cancer of that gland the individual will soon become an imbecile, but if the cancer returns, as it usually does, in some other part of the body, as in the stomach, the same kind of cells that belong to the thyroid will be found in the stomach and just in proportion as the cancer develops in the stomach, just in that proportion will the intelligence of the patient return, owing, of course, to the secretion of the ferment from thyroid cells in their new location even if they are cancerous.

The ferments in the blood and tissues are numerous and varied in

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their function; a fraction of a drop of a ferment as illustrated by the poison of the honey-bee or the rattlesnake may within a few hours set into commotion all the blood in the body.

We theorize that primarily by stimulating the "lazy" sluggish organs to perform their function and remove the dead and waste matter that clogs the system and poisons the nerve centers, and secondarily by promoting the assimilation of nutrition and the building up of weak parts, the complaints wherever and whatever they may be, are eliminated, provided they originated in faulty blood.

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RANGE OF APPLICABILITY

Any chronic complaint that is caused by faulty or abnormal conditions of the blood will be benefited by this treatment no matter in what part of the body the complaint is located, whether it be in the head, the stomach or the feet, the joints or the skin; in short, any region in which the blood circulates; no matter to what cause you attribute it, whether it be auto-intoxication, lack of recuperative power, lowered vitality, loss of energy, nervousness, irregularity, backward development mentally and physically; no matter what you name it, whether it be absent-mindedness, insomnia, melancholy, delusions, toxic insanities, epilepsy, alcoholism, poor appetite,

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catarrh, constipation, rheumatism, goitre, weak eyes, skin, nerve, heart, lung, stomach, liver, bowel or kidney trouble, neuralgia, chronic sick headache or what not.

With certain exceptions, and within certain limits it approaches more nearly a universal "cure all" than anything heretofore discovered.

Unless the reader notes carefully the limitations of the applicability of this treatment which will be repeatedly stated he may get the idea that our claims are quackish. An intelligent conscientious lady, after reading the first proofs of this book, remarked that it sounded like a fairy tale. I replied, "You took your first and only treatment so far of this serum three weeks ago to-day. If you were put on the witness

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stand and sworn to tell the truth and nothing but the truth, what would you say?" "Well," she replied, "I would have to say I sleep better, and eat better and my nerves are steadier."

HAS SCIENTIFIC BASIS

The principle on which it is based is absolutely scientific and in harmony with the very newest discoveries in physiology, as well as some of the most ancient ideas.

Stewart, an up-to-date authority in physiology, says: "The blood contains at one time or another everything which is about to become part of the tissues and everything which has ceased to belong to them. It is at once a scavenger and the food provider of the cell."

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Wells in his standard work on Chemical Pathology says: "There are probably but few chemical substances occurring in the tissue cells that do not also occur in greater or less amounts in the blood. In addition to these there are also the substances characteristic of the blood itself, besides a host of substances of unknown nature apparently manufactured in response to the stimulation of substances entering the body from outside.

"The function of the blood being to maintain an equilibrium in the temperature, chemical composition and osmotic pressure between all parts of the body, it follows that it is never of exactly the same composition in any two places or at any two times. To the extent that every

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tissue is continually giving off something to the blood, we may consider that every organ is a factor in its formation, and as a result of this multiplex origin of the blood the substances it may contain are beyond enumeration."

André Leri, a Frenchman, has recently stated: "Every healthy organ in a normal state of function throws into the blood certain directly assimilable products resulting it may be from complete decomposition of carbohydrates, fats or protein. Conversely every diseased organ whose function is disturbed pours into the serum incompletely elaborated products which are so many foreign bodies."

Abderhalden of Halle not long ago discovered a test of the blood

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which would tell whether or not pregnancy existed. More recent experiments make it possible to detect cancer and insanity by an examination of the blood.

All of these facts tend to confirm and make our discovery more plausible and reasonable.

In a very excellent little book titled "Being Well Born" written by Michael F. Guyer, Professor of Zoology in the University of Wisconsin and just published by the Bobbs-Merrill Company, Indianapolis, we find the following confirmatory of the preceding:

"Any deleterious effect that can reach the fetus through absorption from the blood of the mother may be of grave consequence. There is not the least doubt that malnutri-

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tion or serious ill health on the part of the mother often has a prejudicial effect on the unborn offspring. Severe shock or grief, worry, nervous exhaustion, the influence of certain diseases, poisons in the blood or tissues of the parent such as lead, mercury, phosphorous, alcohol and the like may all act detrimentally but they operate either by rendering nutrition defective, by direct poisoning, or by generating toxins in the blood of the parent, which then poisons the fetus. Among the latter may be mentioned the toxic products of tuberculosis and certain other bacterial diseases. Such factors operating on the unborn young or even on germ cells may cause malformations, arrest of development, instabili-

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ties of the nervous system and general physical or mental weakness.”

In the famous Bollinger case in which our neighbor Dr. Haiselden refused to perform a possible life saving operation to make an outlet to the rectum, something Nature had failed to do, the infant was horribly deformed physically and unquestionably mentally deficient. Dr. Haiselden told us that about ten months before this child was born the mother had typhoid fever.

Why the child was defective is readily explained in the light of the quotations we have made from eminent authorities in biology, and the experiments at Rutgers College which we will mention later.

Of course the typhoid poison in

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some form was still in the mother's blood at the time of conception.

Imperfect cell products or debris circulating in the blood and tissues become a source of irritation and disorder, just as any other foreign body does, resulting eventually in a condition recognized as ill health or some pronounced disease.

In acute bacterial diseases it is now considered good practice the world over to secure when possible some of the germs causing the disease, cultivate them and afterward kill them by heat. Then suspended in a solution inject them into the patient whose sickness they caused. This is certainly "Like curing like," the homeopathic principle.

When we use as a basis for our serum the blood of the patient suf-

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fering from some chronic complaint we undoubtedly collect some of those imperfect cell products which are causing the disease.

We put the blood through a process of dilution, lysis, thermolysis and potentization. The resulting solution containing no doubt ferments liberated and activated we inject into the patient from whom we took the blood.

CLINICAL CASES

From October 9, 1910, the date of the first injection with this treatment, until August 1, 1914, the serum was prepared and administered only at our Clinical Experimental Laboratory and Dispensary, where approximately 5,000 injections without a "single bad result"

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were given, and where sometimes from twenty to forty persons were treated daily, some coming hundreds of miles to get the treatment. All patients came just from one telling another.

The cases designated by numbers are abstracted from the Clinical Records of the Dispensary, made during the period just stated. Those not numbered are mostly from our private practice and treated more recently.

One day after we had noticed the wonderful energizing effect the serum had upon cancer cases, a physician telephoned us that he had been treating for months as a private patient a young man suffering from a complaint of no credit to anyone and that the young man was a good-

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for-nothing, lazy fellow; would not work and would not pay for medical services; that he was tired of his case and would like to turn him over to the free clinic for the benefit of my students. He was a waiter. When we had examined the young man before the students it occurred to us to try the serum on him. The first treatment was on Thursday. He was told to report on Saturday. He did not return until Monday, giving as an excuse that he worked all day Saturday and until midnight and all day Sunday and felt as if he could work all day and all night without resting, finally remarking, "I feel like a bird." He flew out of the class room and we never saw him again.

The next case that opened our

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eyes to the stimulating action of the serum was that of a servant girl who had not worked for a year on account of Bright's disease. Within a week she voluntarily beat carpets until she blistered her hands. She soon afterwards went to work and held her position for a year, when she declined again and some three years afterward died. Her food and hygienic environments were very poor. Had they been the best, results might have been different.

The number and variety of complaints and strange conditions reached and corrected by this unique treatment is surprising, in fact they seem unlimited.

For instance, (case No. 6968) a man, aged 52, had for several years in the ball of his foot a hard lump.

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Finally, it began to enlarge. It became so troublesome that he had it cut out in October. He was told by the surgeon who removed it that it was "skin" cancer. The wound made by the surgeon quickly healed, but in January, three or four months later, the tumor had reappeared and became ulcerated, the open sore being larger than a silver quarter when he took his first injection. In three weeks the ulcer had healed and within a couple of months afterwards the tumor had shrunk to half its former size, and had the appearance of white scar tissue. The Serum was injected into the vein of the arm every five days, about thirty drops each time.

Case No. 6952. A rooming house-keeper who had been obliged to be in

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bed more than one-half the time each day for the previous seven months, discharged her maid and janitor within ten days after taking the first serum treatment and did all the work of her twelve-room house herself, beating rugs, firing furnace and carrying out ashes, besides doing some of the laundry. Within thirty-one days the hemoglobin of her blood rose from 73 per cent to 91 per cent and the red corpuscles increased from 3,950,000 to 4,550,000 per cm. Her weight increased fourteen pounds and her "blues" were displaced by animation, cheerfulness and mirth. Her appearance was so improved that many of her friends did not recognize her at first sight. Though four months have elapsed and she has ceased treatment as

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being no longer necessary, her splendid health and wonderful energy remain. She now works about sixteen hours a day.

Case No. 7176. A man of 30 years of age, generally considered the laziest person in his community ever since he had an attack of pneumonia several years ago, broke off completely from drinking thirty "whiskies" a day, and began to do regular hard manual labor within a week after the first treatment, being about the first real work he had done for six years. His rheumatic pains left him, he needed a cane no longer, his appetite returned, insomnia was displaced by sound, refreshing sleep, his weight increased five pounds and his general appearance changed from that of a "bum" to that of a sober,

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clean, wholesome, bright and honest workman. His hands became steady so that he could shave himself, something he had not been able to do for a long time on account of their unsteadiness. This man was sent by his neighbors to the Clinic, as a test case for the Lazy Serum. The patient says he can now recall the names of many old acquaintances, whose names he could not remember before receiving the treatment.

Case No. 7008. A man of 30 years of age, who had had two operations in Europe, on the sides of his neck for enlarged glands, came to the Clinic to arrange to have a third operation. In addition to the evident tubercular condition of the glands, he gave a history that created a suspicion of syphilis, the enlarged

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glands in the back of the neck tending to confirm this theory. He was given the Serum Treatment instead of an operation. Within six weeks all enlargements disappeared. The most gratifying result to him, however, was the return of strength and energy, as this would enable him to resume again his former trade, which he had given up for light and poor paying employment, the only kind of work he had been capable of doing for a long time.

Case No. 7248. A minister who had been despondent and "grouchy" for a long time remarked a month after taking two injections, "I do not recognize myself any more."

A lady physician took the serum one evening, and the next evening reported that she had had the

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“giggles” all day. Everything she did, saw or heard, made her laugh. Everything was humorous to her. A month later she reported that no depression had followed the hilarity, and that her previous good health was possibly better. At all events, she was more magnetic, if we accept the opinion of her near friends; one maintaining that she was decidedly “sweeter,” spiritually and physically.

Case No. 6839. A short time after beginning serum treatment a young woman clerk in a retail store astonished her employer by volunteering to work overtime. Previous to this she had always kept a close watch on the clock and had never been known to remain a minute after 6 p. m., the closing hour, no matter

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how much her services might be needed.

Case No. 6841. Recently a woman who has given the serum treatment a thorough trial remarked: "The days are not long enough for me now, I enjoy work so much."

A remarkable number of women who never before scrubbed their floors or did their own laundry work developed soon after taking the serum an irresistible desire to do so, or to clean the house, something they had neglected to do for weeks or months from lack of energy.

Case No. 6892. A young woman who had been a semi-invalid seven years and unable to walk even a few blocks without being "all tired out," within six weeks after taking the

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first serum treatment walked five miles over a country road without feeling much fatigue. The ugly pimples (acne) on her face which had handicapped her in getting employment on many an occasion were 75 per cent less.

Case No. 7247. A young woman stenographer applied for the removal of an enlargement under the jaw. It had been operated on once but returned. Her complexion was muddy. Six weeks after beginning serum treatment the lump was scarcely detectable, her complexion was rosy and her dull expression had changed to one of animation. The other stenographers in the large office where she was employed repeatedly remarked to her: "Why do you work all the time? Don't you ever

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get tired like the rest of us? What makes you so different from us? We certainly envy your energy and your complexion.”

Case No. 7130. A young man who had been employed in a large railroad office for a long time, took the serum treatment for some heart disturbance. Within less than a month after beginning the serum treatment his associates and superior officers began to say to one another: “What in the world has come over Mr. L——? From a dull stupid fellow he has all at once become one of our brightest and most industrious clerks.” The patient reported the troublesome palpitation of the heart much improved, also his stomach trouble and constipation of several years’ duration cured.

ILLS PECULIAR TO WOMEN

Hundreds of women who had suffered for years all sorts of pains and aches peculiar to the sex have reported a complete cure or great improvement.

A young Swedish girl, a musician in a movie, applied for treatment for a most pronounced burning and intense redness of both feet.

She was given the serum on general principles. In a few days she reported better. At her third call she reported herself cured.

Several months later we learned that not only her feet were cured, but she was cured of a severe case of menorrhagia, flooding about two weeks out of every month.

A German woman, 30 years old,

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suffering from the menorrhagia about one-half of every month, was given serum treatment during the second day of menstruation. Within six hours afterward the menses stopped. She suffered from severe nausea and vomiting for some twelve hours. On the third day afterward she telephoned that she was feeling all right.

Another German woman, about thirty, who also suffered from menorrhagia ten or twelve days every month was given the serum just one week after the flow began. Seven weeks later took second injection at noon. At 10 P. M., temp. 103. Restless night.

Nine weeks later she reported flow less, return of appetite and complete relief from the severe and long

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troublesome insomnia and fortnightly "sick headaches."

On the contrary, a number of women who suffered from scanty and painful menstruation were greatly benefited from the serum. After treatment the pain was absent or decidedly less and the flow was more profuse.

In one case in which the usual pain was entirely absent, the quantity was double and particularly offensive, something new in her experience. This offensiveness we interpreted as an evidence of needed elimination.

This reminds me that a man to whom we gave the serum told us that about the third 24 hours after taking it his bowels moved forty times and he felt no exhaustion. I

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cannot vouch for his veracity. However, there was no occasion for his making any false statements.

In another case of menorrhagia in which the flow lasted fully two weeks out of every month and had thus continued for some four years, the serum was unsatisfactory even after six injections. She had erosion and pronounced cervicitis along with insomnia to an extreme degree. For this condition she had been treated fully a hundred times before coming to us. We also gave local treatments for the same along with the serum, but improvement was slight until we discovered an extensive ulceration in the rectum, which was quickly healed after a few local applications and repeated dilatations of the rectum; thus utilizing our knowledge

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of orificial surgery. From this time on the patient gained on an average more than half a pound a day until she increased from 112 to 135 pounds within less than two months, at which time she was perfectly well. For months since then she has been able to do the hardest kind of nursing, commanding from twenty to thirty-five dollars a week. Instead of getting no sleep until two or three o'clock in the morning, she usually now falls asleep within ten minutes after her head touches the pillow.

REACTIONS

An aggravation of symptoms or suffering is not unusual soon after

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taking the serum. In fact, we interpret aggravations as a certain sign that good results will follow.

The benefits are usually in direct ratio to the severity of the reactions.

Occasionally the patients will experience the return for a short time of some ache, pain or feeling that formerly troubled them, but which they had not experienced for months. For instance, a lady physician who was studying the effects of the serum noticed the return of a pain in her chest that was very troublesome a number of years before, but from which she had been entirely free a number of years.

This experimenter reported that for days after taking the one injection she frequently slept in her office in the interval between the calls of

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patients, something she had not been able to do before.

Occasionally some discharge, especially if it had been one that had been suppressed, reappeared for a short time.

Once in two or three hundred cases the patient has a chill within a few hours after taking the serum. Nothing serious results except temporary discomfort.

A young man with psoriasis was given the serum in a concentrated form. He reported the skin trouble decidedly better but complained bitterly because following the injection he had had the first headache and the first attack of constipation he had ever known. Since then we have noted some constipation of temporary duration following use of serum

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too concentrated for the case.

Case No. 6335. A woman who had been an invalid for five years, dating from an attack of typhoid, traveled far and near seeking the restoration of her health. At the time she took the first injection of serum, she weighed 95 pounds. She took less than a dozen treatments; within six or eight months she weighed 138 pounds, and was doing hard work and enjoying life once more. A year after she became acquainted with the serum treatment she showed her continued faith in it by sending one of her friends (Case No. 7037) from Ottawa, Canada, to Chicago, expressly to get the serum treatment, and another (Case No. 7158) from Saskatchewan, Canada.

Case No. 7122. A boy of sixteen

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was stunted and "crooked" physically, mentally and morally. He was going to the "bad" at a galloping pace, causing his parents no end of worry and anxiety. Within seven weeks after he took the first injection of serum, he had secured, of his own volition, and was holding satisfactorily a responsible position with a well-known firm, and had in the meantime joined the church. He was a changed individual mentally, morally and physically.

Briefly stated, without any great exaggeration, this new modified serum treatment is good for anything that is the matter with you, provided the cause is not organic, mechanical or bacterial. However, it is more than probable that even some of the bacterial complaints are cured or

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arrested by its general invigorating influence.

Select one hundred persons at random, either sick or well, and give them the treatment, and within 30 days afterwards about 90 will report that they were decidedly benefited by it. Three months later they will affirm the same with even greater emphasis.

Excepting mechanical and some bacterial troubles, the treatment is applicable in a wide range of abnormal conditions, some of which are unclassified and nameless. Scores of complaints, aches, pains, etc., of long standing, heretofore considered incurable, have yielded to this treatment.

The good effects of the serum are long lasting. For instance, (case

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No. 6960) a woman 65 years of age, who had had backache every week for eleven years, excepting a very severe attack the next day after treatment, remained free from backache thirteen weeks after a single injection. A mild relapse occurred. A second injection was then given, and she remained free from it for a year or more. A young girl, (case No. 5495) having epilepsy two or three times a week for four years, went five months without a fit, after two treatments. A case (No. 5908) of constipation requiring cathartics daily for two years was absolutely normal from August to April after one injection.

Improvement is generally prompt. For instance, (case No. 5892) a young woman who was sick and

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unable to work for a year, went to work within ten days after the first injection and continued to work steadily for a year.

Rarely does the treatment require the patient to lay up or to stop work. A few feel the good effects within a few hours. Many, however, feel worse for a day or two. Some complain on second or third day of soreness in bones and muscles, as if they had La Grippe.

Most persons are conscious of improvement on the fourth day after the first injection. The improvement will manifest itself in one or in a number of the following ways: In the mind, disposition, spirits, nerves, sleep, eyes, skin, complexion, stomach, bowels, kidneys or the disappearance of some complaint, pain,

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ache or sore that had existed so long as to make one think it was natural and was to remain always. Sometimes the microscope will reveal improvement in the blood before the patient will admit it. For this reason "blood counts" should be made frequently, usually once a week, and at the same time color comparisons of the blood also made.

In a few cases no change is noticed until after the second or third injection. One person, an exceptional case, (No. 7037) who came 1,000 miles especially for the treatment, felt no improvement during the first month. During the fifth week, a marked change for the better was evident, and continued satisfactory, gaining twelve pounds the next two

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months. A specialist had diagnosed her case as latent tuberculosis.

Those who take the treatment regularly and persistently for a period of three to six months are bound to obtain satisfactory results, no matter how stubborn their case may appear to be in the beginning, provided the treatment is at all applicable.

RHEUMATIC TROUBLES

A number of cases of rheumatic troubles have yielded very quickly to the Serum Treatment.

Case No. 7109. A young man who had been unable to work for three months on account of inflammatory rheumatism, chopped wood

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fifteen days after beginning the treatment and has since been doing hard manual labor.

Case No. 7234. A business man of 45 who had packed his satchel ready to go to the "Springs" on account of rheumatic trouble that had partially disabled him for several weeks and interfered greatly with his business, accidentally heard of the Serum Treatment and tried it. Within 48 hours he was back to his business, free from pain, feeling as well as he ever did in his life. It is but fair to say that he later suffered severe exposure and had a relapse, the treatment of which was not so satisfactory.

MENTAL AILMENTS

A number of peculiar mental and nervous troubles have yielded to the Serum Treatment. Several women have been completely relieved of severe fits of nervousness during which their friends regarded them as flighty. (Case No. 7141) a man of 40, who was exceedingly nervous generally, and was regarded by his friends as a possible candidate for the insane asylum, heard voices speaking to him when no one was about. Within a week after he was given the serum treatment, marked improvement was noted, and he continued to improve until he considered himself perfectly well. Three years later he drank heavily, and died suddenly in a detention hospital.

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A single woman of 38 was a little backward mentally. She was so much improved after one treatment that her sisters several weeks later insisted and made her take a second treatment. She was surely benefited, as subsequent events indicated.

A young married woman took such a peculiar morbid dislike to her husband that the more miles he was away from her the better she liked him. Her antipathy was physical. She became normal within a week after taking one treatment. Her absent-mindedness also disappeared. Before treatment she could not read a page and remember it. Afterwards she could read a volume and remember all essential points. In some cases we have no doubt this treatment would prevent divorce.

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No doubt domestic infelicity is often the result of anemia with the resulting mental and physical depression which sometimes amounts to perversion and is misunderstood by the husband or wife. The change from anemia to a healthy plethora will often change repulsion to attraction. Poorly nourished and overwrought nerves, the result of poor or poisoned blood, often change the sweetest woman into a fiend. A restoration of her blood to the normal will usually bring back her physical and mental attractiveness.

A woman of 40 wrote us six months after taking one treatment, "I would not confess it to any one else, but it is a peculiar fact that previous to taking the serum I could not endure it to wear any colored

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waist, nothing but pure white or black; any other color just about sets me 'crazy.'” She added that her husband said that her disposition had changed remarkably for the better.

Some three years later she wrote, “I wish I could have another of those serum treatments.”

This lady was highly incensed at me the next day after taking that first and only treatment because she “did not sleep a wink” the first night following the injection. The second night she slept soundly the entire night and awakened with a lasting good opinion of my treatment.

LUNG TROUBLES

Several cases of bronchitis have yielded to the serum treatment. A young man (case No. 7260) who

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had a troublesome cough from February until September, which had not yielded to various cough syrups and which was causing his friends anxiety, was promptly and completely relieved after one injection of serum.

A popular nurse of 40 applied to me about three years ago for treatment for pleurisy. It had become so bad that she had been obliged to stop nursing for several weeks. She had in the meantime been examined and taken treatment from three reputable physicians in vain. I at once advised the serum treatment. She declined. About a month later I persuaded her to take it. Within a week the pleurisy left her and shortly she took up nursing again, feeling fine. Now every three or

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four months, especially after she has had a hard case of nursing, she comes for a serum treatment. While reading the proof of this book she telephoned for appointment for another treatment. It is now May. Her last was in January.

As illustrative of cases for which this serum is not applicable we would note here the fact that the writer had a very troublesome cough which lasted several weeks, but did not yield to this serum. Reaching the conclusion that it was mechanical he had the bones of his neck "adjusted" and got immediate relief.

Several other cases of severe chronic bronchitis have yielded, and the patients gained quickly in weight. One man (case No. 6935)

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gaining 14 pounds in nine days, and another, 12 pounds, in eight days.

All the improvement in the last case occurred after the second injection. The first one apparently did him no good. Immediately after I had given him the second injection he called me aside away from the students and said, "Professor, I know I have the consumption. It is no use for you to try to conceal the truth from me. I am engaged to marry. Don't you think I ought to tell the young woman and ask to be released." I advised waiting. Eight days later he reported a gain of twelve pounds and disappearance of cough.

Some astonishing improvements of the eyesight have been noted after

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taking the serum. For instance, (case No. 5801) a man of 66, was again able to read the newspaper, something he had not been able to do for some time, although he had been fitted with glasses by a good oculist.

Many very obstinate cases of constipation have been completely relieved by the serum treatment. A woman of 30 (case No. 7261) who had been obliged to resort to artificial means for two years, became absolutely normal within six weeks after taking the serum. Other functions which had been irregular and abnormal also became natural.

Menstruation, which had been occurring twice a year, now reappeared monthly and still remains normal, though more than three years have elapsed.

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Case No. 6665. A man of 55 who had had a discharging ulcer the size of a silver quarter on his back for eight years, was completely relieved of it within a month after beginning treatment. The same man had been in the habit of taking Bicarbonate of Soda daily for more than 30 years to "settle his stomach." After the serum treatment he had no further stomach trouble or need of the soda.

He said he came to the clinic to be rejuvenated and on going away after the course of treatment he expressed himself as being more than satisfied.

Many persons, especially men about 50 years of age, have been generally and surprisingly invigorated by the treatment. Case No. 6754. A man of 56 years old, a general auditor of a trust with some

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twenty-five factories, always suffered a nervous collapse after the completion of his monthly report. After taking the Serum Treatment his mental and physical endurance was increased to such an extent that he passed through this monthly ordeal without the usual unpleasant experience.

A law student (case No. 5960) after two years of observation found that if he took the Serum Treatment a few days before examination week his general average for that series of examinations was nine points more than when he did not take it, viz., 97 against 88.

The nervousness that accompanies certain forms of goitre has been greatly relieved. A woman of 30 (case No. 6149) with markedly

bulging eyes, rapid pulse and great nervousness, was so much improved after a few treatments that a year later she sent one of her friends (case No. 7196) from a neighboring state to the clinic, suffering in the same way. The latter is so favorably impressed with the treatment that she makes the long trip every week at a considerable expense.

HEADACHES

Some very peculiar and stubborn headaches have yielded to the serum treatment. A man of 52 (case No. 7019) suffered twenty-five years with two or three attacks of sick headache every week. He had taken so much headache powder that his blood was black, and no correct color test of it could be made. He has

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been under treatment about three months, taking one injection a week. Very satisfactory improvement has been made thus far. The severity and frequency of the headache have been reduced over a half, and his general appearance improved fully 100 per cent. A complete cure seems to be only a question of time.

A woman of 30 (case No. 7243) broke down while teaching school, and had been a semi-invalid for a long time, doing no work at all. All over her body wherever the nerves came near the surface she suffered greatly. Her case had been diagnosed as neurasthenia. Within a couple of hours after the first injection of the serum she felt better, and four days later she reported that all neuralgias, as she termed it, had dis-

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appeared, and that she was sleeping better and feeling stronger.

Case No. 7298. A man of 40, a physician, had had headache continuously for several weeks. It was so severe that he was obliged to take large doses of headache powders, some so powerful that it affected his heart. Two doses of serum completely relieved him of the headache for three weeks when he had a slight return. He reported one month afterwards, saying: "I never worked so hard in my life as I did the two weeks following the taking of the serum. During that period I completed satisfactorily an invention I could not work out before. The treatment certainly energized my brain to a wonderful degree."

EXPECTANT MOTHERS

The Serum Treatment has been successfully administered to a number of expectant mothers. The treatment was followed by improvement in spirits, looks, appetite, bowels, and the disappearance of headaches, backache and many other aches and complaints. Restlessness and insomnia were succeeded by sound and refreshing sleep.

Case No. 7023. A woman of 28 years of age was given the serum treatment four months before the birth of her child. For three months previously, she had slept badly, rose every morning with a headache and had had a backache continuously. The bowels only moved once or twice a week. In less than ten days every-

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one of these abnormal conditions completely disappeared. Her confinement was normal and her child was a fine specimen of perfect development and health. At the end of the usual period both left the hospital in splendid condition. Seeing the good effects of the serum her husband, a minister, took it also. About two weeks afterwards he was asked how it affected him. He answered: "I could walk downtown (2 miles) and back and then down again and back and not feel tired."

Some three years later they reported the child as fine.

Case No. 6721. Another expectant mother who had been sleeping badly, despondent and out of sorts generally, with a troublesome skin

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eruption, remarked a week after taking the first injection of serum: "I feel at peace with the whole world." Her improved and happy expression confirmed the truthfulness of her statement. Her confinement was also normal and uneventful. She and her child both left the hospital in a fine condition.

Three years later the mother of this child also reported that her baby was fine.

An educated Swedish woman, age 33, consulted us when she was pregnant the fourth time; about six weeks advanced. She complained of morning sickness; also a pulling, dragging backache all day. With the first three children the nausea had always continued for three or four months.

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Rather reluctantly and sceptically she allowed me to make a serum with her blood and inject it into a vein in her arm in front of the elbow.

In exactly three weeks she called to report the result of the serum treatment. Her greeting was, "Doctor, I think you are entitled to the Nobel prize given by our country. I have had no morning sickness since the third day after taking the serum. I am better in every way." On being urged to specify in just what particular she was better, she replied, "Now I don't start to nag my husband just as he enters the house after his day's work. Instead, I say something pleasing to him. The world looks brighter now."

Two days after taking the one injection of serum the morning sick-

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ness and headache left her and she continued free of all uncomfortable feeling. When she reported three months later she said, "I have been able to do big washings without backache, something I could not do before." She had only one treatment.

A woman 30 years old expecting her second child in four months complained that she had not felt well a single day during the previous four months. She had had nausea and vomiting every morning. Her sleep was very unsatisfactory, awaking many times during the night and never enjoying any real sound, refreshing sleep. She was given an injection of serum at 8 o'clock Wednesday evening. Thursday noon she telephoned that she had

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only awakened once during the previous night, had felt perfectly well all the forenoon, and was cleaning house. Friday she reported that she had done a very big day's work Thursday, entertained company, and was quite wakeful during the night, but notwithstanding that fact she was feeling fine. Monday evening she reported that she had slept splendidly every night since the injection, excepting the one mentioned; that during Sunday night she never awakened, and that she had not suffered with any of the former trouble; that she had shopped one day and was not the least tired in the evening. A week later she reported as still feeling fine. Previous to taking the injection she was tired out by night time, but now when her husband

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comes home in the evening she is always ready to go out to some entertainment. Her change in this respect was a very great surprise to him.

Her first confinement four years before was very difficult. The child lay in the fourth position. She was under chloroform three hours. I was called in consultation and delivered her with forceps.

The last child lay in first and was delivered with only one pain before either I or the nurse could get there. The child weighed twelve pounds net.

The dystocia with the first and the eutocia with the second might have been merely accidental. On the other hand it may have been due to the fact that the serum put her

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whole physical machinery in a normal condition.

When I had finished reading to the lady the proof of the foregoing description of her case she remarked, "Doctor, you have made one misstatement. The fact is I did not really have a single pain. It was only a suggestion of one."

Since writing the foregoing I have telephoned the mother and asked her how this child compares with her first as to strength, health and intelligence. "Far superior," she answered, "all our relatives say the same." Her first child is far above the ordinary every way and this one is still superior.

We venture to predict that this system of dynamic serum treatment

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will prove to be the most remarkable and useful discovery ever made in the field of eugenics, because experiments already made lead us to believe that prospective mothers can be enabled, provided the hereditary stock is reasonably good, to give birth to children well nigh perfect mentally and physically, normal in every respect, free from retarded development, blemishes, defects, weaknesses and vicious tendencies, closely approaching human perfection, and that puny, sickly, cross, feeble-minded, poorly developed infants can be made less common.

There has been much discussion over the question as to which had the greater influence over the child, heredity or environment. We main-

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tain that eugenics embraces both heredity and prenatal environment. Both parents contribute hereditary factors. This is clearly illustrated by the fact that if a pure black male rabbit and a pure white female rabbit be mated, all the offspring will be black. They will all be black even if the father is pure white and the mother is pure black. The black trait is dominant, no matter which parent is black.

Thus hundreds of traits, mental and physical, are likewise dominant in the human race, but environment is a very great factor.

In an address before the Eugenic Education Society of Chicago, delivered May 26, 1916, Prof. J. M. Coulter, the eminent botanist of the University of Chicago, voiced the

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opinion that environment was of far greater importance than heredity. He is quoted as saying, "The big thing is opportunity—stimulating opportunity—that will bring out the latent capabilities after a child is born. No child is doomed."

Previous to the year 1900 the questions of heredity and eugenics were considered unsolvable problems. Since then Mendel's law has done for heredity what the law of gravitation did for physics. They now approach a science.

Heredity ceases with conception. From that hour environment begins. The first and all-important environment is the mother's blood. If it be defective or contaminated the child will necessarily suffer in some par-

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ticular which may be slight and transient or a grave and lasting defect; even a monstrosity as the experiments at Rutgers College have shown, and as illustrated in the Bolinger-Haiselden case.

Just after writing the foregoing paragraph my eyes fell upon a daily paper containing the pictures of two children. One had always had the proper food in the proper quantity and at the proper time. The other had not. The contrast in the appearance of the two was great and commented upon by the editor, who was not aware, perhaps, that a child's prenatal food, *the mother's blood*, was far more influential.

The foregoing prediction of the inestimable value this serum treat-

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ment will prove to be in eugenics was published by me in the "Chicago Pan Path," May, 1913.

The following, which is extracted from the Popular Science Monthly for January, 1916, tends to confirm my contentions to a surprising degree:

"CAN SCIENCE PREVENT DEFECTIVES?"

"The most serious question, however, is how to prevent just such monstrosities as the unhappy Bollinger infant, and to this end Dr. E. J. Werber and independently Prof. F. E. Chichester of the Zoological Department of Rutgers College, New Brunswick, New Jersey, have directed their experiments and discoveries.

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“Before the eggs are made fertile and begin to form the unborn baby colt, puppy or other animal, these investigations proved it to be possible to induce such changes in the egg or early embryos by inoculation into the blood stream of the mother the poison of diabetes, of kidney disease, of typhoid fever, and other poisons and waste materials, so that deformed offspring would be developed and born. With two substances, butyric acid and acetone, chemicals that are produced in the blood of those who have sugar disease and sugar in the flowing lymph and serum, a great variety of monsters were born in the experiments of Professor Werber.

“Those experiments yielded defectives and monstrosities, similar to the

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Bollinger baby, to mythical cyclops, to Siamese twins, and to creatures without legs, without necks, minus eyes, with absent ear or entire face, with open spinals, open brains, with tails and without tails, armless, and even club-feet. Hydrocephalus—in other words water logged head, where the upper part of head was so elongated as to resemble an atlas, was produced by alcohol and other poisons in many embryos. In many, parts of organs were lost, shrunken or undeveloped: sometimes only half of the body developed. Some eggs were found to have one eye developed so large as to crowd out the rest of the body.”

In the light of these astounding facts we are ready to believe that a faulty condition of the mother's blood

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during the child's prenatal existence is the primary cause of and that our auto hemic dynamogenic serum treatment of the expectant mother is the most likely prevention of the defects enumerated in a recent issue of the Ideal Life Extension Magazine as follows:

“(1) Five million school children of the United States are diseased. Their parents are too ignorant to perceive the trouble or too poor and indifferent to do anything for them.

“(2) Seventy-five per cent of the school children of the United States have defects mentally or physically—defective sight or hearing, obstruction of nose, enlarged tonsils, adenoids, crooked spines, or legs, thin chested, decayed teeth, backward mentally or physically or over-precocious.

“(3) Ninety per cent of the school children of Chicago are defective in some way.

“Of 650,000 school children in

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New York City, 30 per cent are two years behind their normal grade. In one school 150 defective, backward children.

“In Columbus, O., 30 per cent of school children have weak eyes.

“(4) One young man out of every six in the 1914 freshman class of the Indiana State University is defective physically.

“(5) Twenty per cent of 915 freshmen, in the 1914 class of the Ohio State University wear glasses. Fifty per cent have weak eyes. Seventeen per cent have weak lungs and fifteen per cent have organic or functional disease of the heart.

“(6) Eighty-four per cent of the boys accused in the Boys' Criminal Court in Chicago are defective mentally, in age 14 to 18, in mind 8 to 10 years. A large percent of the women who appear in the divorce court of the same city are children mentally. The majority of criminals are defective.

“(7) So many murders have been committed by defectives in Chicago

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that the coroner has issued a special warning to the public.

“(8) In many parts of our country every fourth house shelters a defective or a degenerate.

“(9) Insanity is increasing twice as fast as the population. On the average there is one person in the insane asylum for every 500 of population. In Chicago during the last ten years the rate of insanity has doubled.

“(10) There are 34,000 mentally defectives in New York City at large and fully one-half as many in Chicago, and their number is increasing at an alarming rate.

“(11) State reformatories, jails, work-houses, penitentiaries are becoming more crowded every year out of proportion to the increase in population. The same can be said of asylums for the insane and feeble-minded.

“(12) About ninety per cent of the young men who apply for admission to the U. S. army are rejected as physically unfit.”

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The prospective mothers to whom this treatment has been given have invariably reported a remarkable improvement in sleep and spirits. Restless, disturbed, unsatisfying sleep gives way to a deep, refreshing sleep with corresponding improvement in looks and actions.

While the number of mothers who took the serum before their children were born is not large enough to prove anything conclusively, yet it is a significant fact that all the children of these women are alive today. Some being three or four years old.

The average infant death rate is about ten per cent the first month and twenty-five per cent the first three years.

Since writing the foregoing I have visited a family having three

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children, two girls and a boy. The girls are nine and seven and the boy two and a half. All three normal. The parents both took a complete course of serum treatment immediately before the conception of the boy. To my question as to how the boy compared with the girls in health and mentality, both parents said, "He is unquestionably brighter and more resistant to sickness than either of the girls."

We understand that Chief Justice Harry Olsen, of the Chicago Municipal Court, and many psychopathists now maintain that almost every criminal, almost every lunatic, and almost every delinquent is born subnormal. We are convinced that the born defective is the product either of bad mating or bad prenatal environ-

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ments or both. Any treatment, therefore, that promises to the child during its prenatal existence the most essential environment, namely, normal maternal blood, possesses possibilities for good beyond computation.

A physician, aged 35, took the serum treatment at 4 p. m. on Thursday, April 10th. Five days later he reported as follows:

Case No. 7268.

“In order that you may get a clear idea of my case I will give my clinical history. I had three attacks of malaria while residing in Louisiana, Mo. I also had an attack of septicemia, starting from an infection in the left big toe, so severe that I was not expected one night to live till morning. For two years afterwards

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I could not bear my weight on that foot, or wear a shoe laced. I was compelled to give up practice. I lived in the open air as much as possible. The red cells were greatly reduced and the white increased.

“On the day I took the first and only injection of serum so far, I had to all outward appearance recovered my health, but I lacked endurance, recuperative power and vim. I had recovered to a point where I could do just so much work and no more.

“Within an hour after taking the serum I was conscious of an internal warmth. Previously, I had suffered much from coldness. In fact, I was seemingly freezing inside during warm weather. In July, 1911, I was in Wichita, Kansas, on the day the heat record of the state was broken.

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I was barely warm, and did not perspire.

“That sensation of internal warmth that followed the first and only treatment thus far kept up all evening and the next day. I was also conscious that the weak places in my body were being aroused to increased activity.

“On Saturday, about 48 hours after the first treatment, I had some reaction, viz., coldness, a little weakness, and a sort of general slowing up of the previous activity. In the evening, however, the warmth began to return, the strength within me became more pronounced and my mind decidedly clearer, and more power of concentration. I could hold my thoughts on one subject

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longer than I had been able to do for years.

"This marked improvement in the mind and power of concentration was one of the immediate effects following the treatment, and has been continuous. I feel younger and full of energy now—something I had not felt for eight years. My memory is decidedly better. I have no difficulty now in recalling names." One month later, though he had taken only the one injection, he said:

"The unbounded energy that I lost eight years because of the septicemia has returned."

In a postscript to a private letter to us dated at Crooks, Nebraska, April 15th, 1913, Dr. M. C. Sorenson, whose wife was given serum treatment during the summer of

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1912, writes as follows: "My wife has not had those hot flashes and she is well; a great deal better and more cheerful since you gave her the serum." June 13, 1916, wrote: "Wife, fine ever since serum treatment; could not feel better. Weight then 115, now 150."

Case No. 7285. A woman 21, bill-clerk, began the serum treatment April 19th. On May 3rd she was asked to put in writing her observations. She immediately wrote as follows: "Dr. Rogers:—I have noted the following coming from the Serum Treatment: Sleep better than before; appetite better; left arm stronger; am not so nervous; better color; bowels move well; work better; neck better; I feel more like smiling."

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Case No. 7306. Man, 47, collector. Took first serum treatment April 16, 1913, and second treatment on April 20th. On April 21st he wrote, unsolicited, as follows: "I have taken two injections of Dr. L. D. Rogers' serum, and I must say I have shown a remarkable gain in three ways: Nerves steadier; appetite much better, in fact never had better; and sleep sound as a rock."

An Indiana school girl of fourteen complained greatly and continually because she had to walk a mile to school, asserting that it made her so tired that she simply could not endure it. Within two weeks after a single injection of the serum she considered it a real pleasure and a privilege to walk to the school-house. She even persisted in going back at

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night whenever there was anything going on.

A woman, 35, found herself gradually losing weight month after month for a year or more. A troublesome cough developed. Tuberculosis was suspected, but the microscope revealed no germs of consumption. She took two injections one month apart. Within six weeks after the date of taking the first she had gained 12 pounds. The marked catarrhal condition of her throat had changed to normal in appearance. The great amount of mucus previously expectorated had decreased to almost nothing, and the cough had ceased to be troublesome. She felt and acted differently. Six months later she had gained more than 20 pounds. Seeing the remark-

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able change for the better in her appearance, several of her friends and neighbors took the treatment, with the usual results.

While most persons gain in weight after taking the serum some lose, but seemingly to their advantage.

SKIN TROUBLES

Marked changes in the color and feeling of the skin have been noted in many cases. Case No. 7262, a woman of 70, who for forty years had been subject to attacks of eczema of the hands, missed the usual attack after taking the serum.

Previously to taking the serum she could not eat an orange without an attack following. Afterward she could eat oranges with impunity.

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We have seen a number of skin troubles benefited. One of the most interesting was that of a woman teacher about 40 apparently undergoing a "change of life." She had an attack of eczema about her neck and chest, that was very extensive and intensive. The burning, itching and "weeping" were almost unbearable. She was given five drops of the serum with marked benefit for a few days. Then she was given a second injection with greater benefit. But after a few days there was an apparent relapse, when she was given an injection under the skin, made from the blood of a lady friend who had and always had had a skin typically normal; never having had even a pimple. Within 48 hours the results were a little short of

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marvelous. The rapidity of the drying up of the eruption was simply surprising, and her general looks and spirits greatly improved. Her lady friend from whose blood the serum was made also took the serum. The first night following the taking of it she scarcely slept. She felt so restless and tired. The second night she slept right through without awakening, something she had not done for years.

The treatment was given early in December. In March the eczema case reported with a perfectly smooth skin, appearing fully ten years younger than she did three months before.

Early in May this patient read the preceding remarks on her case. I requested her to state how far the

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description deviated from the truth. She replied, "Not at all. It is the truth and truly wonderful." Five months had elapsed since that last injection and no other treatment. There was no trace or evidence of eczema present.

We would call the method of treating the eczema case *hetero* instead of *auto*-hemic-therapy. We shall make further experiments and observations along this line. A physician who has many tubercular cases has promised to make a serum from the blood of a person who is strongly *non*-tubercular and use it upon cases of consumption.

In some cases our experiments indicate that the blood of a person, particularly strong in some organ may be used to make a serum for a

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person who is weak or affected in that part.

A young lady of 20 had been subject to "fainting" spells for about a year, following a huge amount of drugging that seemed to have poisoned her. She had had as many as eight attacks a day. Three or four a day was not unusual. The first attack followed very shortly after beginning to take certain medicine while living on the frontier out west. Attacks then followed five or ten minutes after taking each dose. Finally she was obliged to suspend taking the medicine. To demonstrate that the drugs were the cause of the trouble she tried a dose again, and was seized with a spell. When she came under our observation she was having about one a week.

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She had come to our office merely to show a lady stranger in the city the way to find us. After finishing the consultation and returning to the reception room we found the young woman lying unconscious on the floor. Later we saw her mother and persuaded her to allow us to give her the serum treatment. Her hands were very clammy. Pimples on her face and shoulders were numerous. Had no ambition for anything. Tired all the time. Bones ached. Poor appetite. Headaches severe and common. Restless or very profound sleep. Weight 93 1-2 pounds.

Two months have elapsed since she took the first injection. No "fainting" spells since beginning treatment. Pimples reduced in number about 75 per cent. Following the

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first four injections there was no gain in weight; in fact she lost about a pound. But within seven days after the fifth injection she gained over a pound, and looked a hundred per cent better. Good spirits and ambition had returned. Laughing, she reported "I fear I have a tapeworm, I eat so much now." She had returned to work after a year of idleness due to her poor health.

In most cases the taking of the serum is followed by a better appetite. Occasionally we note the opposite.

A woman of about 35 told us the following. We do not vouch for her veracity. We simply repeat what she told us. She said she had had no appetite for a month; had simply forced down everything she

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ate. She took the serum Friday. Saturday evening she bought a chicken for Sunday. About one o'clock Sunday morning she awakened and was so hungry that she got up and cooked the chicken, then ate every bit of it herself and returned to bed.

Three years after case No. 6149 took her first treatment, seven of her friends living in a neighboring state came to Chicago on the same train with her to get this serum treatment.

A number of persons after taking one or two treatments have come back one or two years afterwards and requested another.

The Serum must be made specially for each patient. The Serum prepared for "A" could not be used for

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“B” any more than a photograph of the one could be substituted for that of the other. The serum made for and injected into “A” today will not do for him ten days hence. A new sample of blood must be taken and a new serum made according to the changed conditions that have taken place in the meantime, as a result of the preceding injection. According to the nature of the case and the reactions that follow the injections the treatment is repeated on the third, fifth, seventh or tenth day, or possibly not for months.

We have never been able to formulate fast and inflexible rules when to repeat the injection. A man with chronic headache reported great relief from the first injection. After

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the second he telephoned that he was as bad as ever, and added, "Had you not repeated the injection I would have had a good opinion of your treatment." He never returned.

A third might have cured. Alternate treatments appear more satisfactory.

This serum is not and can not be made up by the barrel full and sold at wholesale or retail as a patent medicine. It must be prepared for each individual. If it could be bottled and stored and sold at retail like a patent medicine, the demand for it as a complexion beautifier alone would net the proprietor millions. More than one person a few days after taking the treatment has been wrongly accused of painting.

ANTI-LAZY-BEAUTY SERUM

Some have called this new system of blood treatment "The Anti-Lazy-Beauty Serum" because of its energizing and beautifying action upon both body and mind; "Lazy Serum" because of its action upon persons disinclined to work. Many who were semi-invalids for years and considered lazy by the unsympathetic have quickly responded to the treatment and become ambitious, energetic and tireless workers, having acquired seemingly unlimited endurance. This feature has afforded much amusement through forecasting the agitation and restlessness that would take place in the labor world if this treatment was applied universally to

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“hoboes.” With equal propriety it might be called the “Anti-Fatigue” or “Energerine” Treatment. On account of the clearer complexion, smoother skin, fewer wrinkles, better spirits, good nature and rejuvenation that usually follows the treatment, the name “Beauty” Serum is also fitting. The best descriptive and scientific name, however, is “Auto-hemic - dynamogenic” treatment, meaning self-blood-power-producing. For brevity I call it “Auto-Hemic Therapy,” which translated liberally means, “Treating your blood with your own blood.”

CANCER

I started out to find a cancer cure, but I believe I discovered instead a

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preventive by using it as a vaccination against cancer.

They told me at the Imperial Cancer Research Laboratory in London that if the blood of ten or fifteen healthy mice be thoroughly mixed together and some of this mixture be injected under the skin of other healthy mice they could not be inoculated with cancer as they could be if they had not been thus treated. The inference is that there is a way to prevent cancer by treating the blood, and that way of course is to keep it in a normal condition.

It is now claimed by Perdue that before any one can develop cancer his or her blood must be *excessively* alkaline.

Dr. Baldwin tells me that nearly all of the patients that come to his

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tubercular sanitarium show an acid reaction of the saliva. We would expect cancer cases to show an excessive alkaline condition of saliva.

Recently I made practical use of this fact. Three physicians had diagnosed cancer. I was called in consultation. The age, general appearance, and other facts in the case justified the thought of sarcoma. I tested the saliva then and there, and found it acid. I diagnosed tuberculosis. The next day I verified my diagnosis on the operating table when I removed a great amount of tubercular matter.

In tuberculosis there is usually a history of *under* nutrition and in cancer of *over* nutrition.

The rational prevention of cancer

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therefore is to get the blood normal and keep it thus.

We treated a large number of cancer cases which were almost invariably far advanced and considered hopelessly incurable.

In several cases the patient apparently improved, only to relapse after three or four months.

One woman of 65, who was bedfast and unable to turn over without help from far advanced uterine cancer, was so improved that five weeks later she was up and doing the cooking and eating five meals a day. After four or five months she relapsed and declined very rapidly.

Another woman of fifty, bedfast with breast cancer, was so benefited that she got out and worked in her

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garden within six weeks after the first injection of the serum. After about three months she relapsed and also declined rapidly.

A man of 60 with cancer of the breast was bedfast for a long time, and the date of his funeral had been estimated thirty days. He was so benefited by the serum that he got out and walked about the streets, and came to our clinic to address the physicians and students present on the wonderful benefits he had derived from the serum. A sudden relapse came and he died within two weeks.

WHO NEEDS IT?

An able hygienist says: "There are but few individuals nowadays who enjoy perfect health. Their number is indeed so surprisingly

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small that a mathematician would probably refer to it as a negligible quantity.”

It is safe to say that not one-half of the adult population of our country have a normal condition of the blood.

Out of 700 employees of the New York Health Department examined, 40 per cent were found to be diseased, and most of these were not aware of the fact.

No wonder that while longevity in general has increased on account of more attention to infant welfare, the length of life after forty has decreased fully thirty per cent according to several authorities.

My observations upon the use of the serum in acute febrile cases is too limited to draw conclusions of value.

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While reading this proof the postman brought a letter from a lady to whom I gave the serum on Sunday at a time when her temperature was 102.8 degrees. She said that she had been feverish a week. She reports a high fever Sunday night. Monday evening a sweat and normal temperature up to Thursday, the time of writing this letter.

Sunday, May 21, 1916, just three weeks after receiving the first injection of auto hemic serum, she reported in person: Sleep from about 8 p. m. to about 8 a. m., instead of 1 to 4 a. m., as formerly. Appetite enormous; ambitious; cheerful. Last menstruation lasted only three days instead of seven to ten days as formerly. Weight, 103; no increase. Leucorrhea more profuse. We as-

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sume that in this case it is nature's method of elimination.

On May 26, 1916, she wrote as follows: I am still improving. I sleep all night long, never wake up once during the night. Appetite better than ever, but the discharge (leucorrhea) is about the same, a bright yellow. Things do not worry me at all now. Bowels are better. I was weighed yesterday evening; weighed $106\frac{1}{4}$ on accurate scales (a gain of over 3 pounds in four days). I am well pleased with your treatment. I will call again in about three weeks.

Very sincerely,

MRS. H. E. W.—

East Chicago, Ind.

We estimate that four persons out of every five taken at random would be benefited by this new treatment.

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It would doubtless be the greatest preventive for them against diseases in general.

This treatment meets the needs of the great majority of persons who call themselves well as long as they are barely able to keep out of bed.

In connection with other remedies this serum treatment has been given to a number of positive cases of tuberculosis. The results have been more satisfactory than when the usual remedies were employed alone. In fact the indicated remedies in any chronic trouble seem to work better in conjunction with this treatment.

The preparation and administration of this serum requires much training, some skill, good judgment

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in interpreting reactions, and the most conscientious attention to and a perfect knowledge of surgical cleanliness.

I have sometimes prepared the serum in the presence of the patient. The seeming simplicity of the *modus operandi* made them incredulous until three or four days later when they experienced the unmistakable effects of the serum.

We have trained a number of physicians how to prepare and administer it, but as a rule they have been too busy or too sceptical or too indolent to continue its use. However, when the public begins to demand it they will be ready to supply the demand.

I have never charged a physician a cent for instruction in this method

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of treatment. If I had charged each doctor I have instructed a hundred dollars for my teaching, perhaps the treatment would not have been so slow in attaining the popularity it deserves and eventually will have. I may decide hereafter to charge them. It might prove best for them, the public, and myself.

I can appreciate the observations of Pratt, the father of the system of treatment known as orificial surgery who, after preaching and struggling for twenty-nine years almost in vain to get the profession to adopt his highly meritorious system of treatment, said "I never realized until late years how stupid I have been in wasting so much time on doctors. The hampering force," he continued, "is popular demand. The average

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doctor is so awfully afraid that he is at the mercy of what the people want. What the people demand he feels he must furnish, and that if he does not furnish it the next doctor will. It is a question of who will please the people most, not what is best for them."

It is for this reason that the pauper patient that comes to the free dispensary often gets better treatment than the rich, because the physician prescribes what he believes is best regardless of the patient's wishes and is not influenced by policy.

As soon as the people find out that they can in many cases derive more benefit from a hundred dollars spent for a course of this treatment than a thousand dollars spent

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for treatment by other methods they will gladly pay the price and plenty of physicians will be at their command with up-to-date service.

In giving my discovery to the profession it is with the distinct understanding that no physician shall charge less than \$100, paid in advance, for a course of auto-hemic treatment. In no case shall there be any concession from this price except to cases of absolute charity, expectant mothers and to persons positively unable to pay that amount.

A course shall be understood to include as many injections as the patient may need within a year.

For the good of all concerned, the patient, the physician and the reputation of my method, I insist that

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the entire fee be paid in advance, and that the course extend over a period of one year, whether the patient needs few or many treatments.

In case the patient moves away to a distant location or for any other reason is obliged to change physicians, we will undertake to find one who will complete the course without charge.

THE BALDWIN REPORT

Having treated with serum a case for Dr. Baldwin March 22, 1916, and having shown him how to make the serum, I wrote him on April 25, five weeks later, asking for a report on the cases he promised to try the serum on and suggesting that he be conservative as neither he nor I

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could afford to put in print any inaccurate or misleading statements.

The following report, dated May 2, 1916, at the Baldwin Sanitarium "The Home of Intravenous Medication," Kalamazoo, Mich., and prepared by Dr. Z. L. Baldwin with the aid of his associate, Dr. W. R. Creely, speaks for itself. Dr. Baldwin has had a very large experience with intravenous injections of various kinds and is a close observer.

Dear Doctor Rogers:

Yours of 25th at hand. I have delayed the report purposely to get new data. The time is too short to bring out details. We have kept notes on dates and cases only. I will number cases and brief two or three.

(1) Mrs. B—— received first

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serum treatment March 22. Mental and nervous irritability; insomnia; constipation; acid eructations. Basic troubles hemorrhoids, irritable rectum and chronic endometritis.

Marked improvement in every symptom noted within 48 hours; bowels moved normally from two to six times daily for several days. Continues normal, as does her sleep. The urine has changed from a state in which it was continuously alkaline to one of normal acidity.

(2) Miss E——. Treated March 29, April 5 and 26. Uterine fibroid with reflex spinal irritation. Principal symptom, general tired feeling with insomnia. This symptom improved at once, each subsequent treatment showing beneficial results, although the tumor shows no change.

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She was "sure" she noted the results.

(3) Miss C——, nurse. Exhausted from overwork, lost 15 pounds. Began to show anemia. Poor appetite. Gained two pounds. Is on full duty; does not get tired or nervous. Looks much better. Had three treatments, namely, March 29, April 5 and 12.

(4) Miss B——. Cataleptic epilepsy three years. Treated March 30, April 5, 23 and 27. Greatly energized, less acne, constipation lessened, appetite increased, mental condition responded quicker than before.

(5) Al C——. Nervous dyspeptic, insomnia, faint feeling in bowels, sour stomach. Afraid to eat. An old chronic case. Treated March 31, April 8 and 26. Only improvement noted, "does not feel tired."

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(6) W——. Third stage of tuberculosis. Treated April 23 and 29. Added mental and physical stimulation compared with three weeks previous.

(7) Col. Second stage of tuberculosis. Treated April 4 and 16. No result.

(8) Ober. Third stage of tuberculosis. Treated April 4, 12 and 23. Noted general stimulation.

(9) S. W——. Five years arthritis deformans. Severe. Treated April 5, 12 and 23. Marked result in increasing strength and muscular tone.

(10) Mer——. Epilepsy four years. Severe acne. Treated April 7 and 29. Acne improved.

(11) Parker. La grippe in third stage of tuberculosis. Treated April

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4, 1916. Increased appetite and general tone.

(12) Miss Far——. Sugar diabetes several years. Treated April 7 and 16. Increased capillary circulation.

(13) Mr. Far——. Numbness and poor circulation of extremities. Treated April 12. Improvement noted *at once* and continues.

(14) Hay. Spinal paralysis of years' standing; no other treatment. Treated April 21 and 26. Speech and locomotion greatly improved. Believe it will cure.

(15) Miss Mo——. Beginning exophthalmic goitre; no other treatment. Treated April 16, 21 and 27. Pulse, 120; blood pressure, 160; nervous trembling, crying spells,

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eyes bulging. All symptoms approaching normal. Results most remarkable. Is now doing housework.

(16) Dev——. Second stage of tuberculosis. Treated April 23. Increased tone and appetite.

(17) Camp——. Tuberculosis. Treated April 23. No change.

(18) Mrs. Mea——. Tuberculosis. Third stage. Treated April 23. No report.

(19) James. Tuberculosis of bone. Tibia. Treated April 23. Increased granulations. "Felt livelier."

(20) Miss Crea. Bright's disease. Age 11. Duration three years; 4 per cent albumen; casts; pus. Treated April 25 and 29. Weighs two pounds more; 1 per cent albu-

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men, increased hemoglobin, less pus and casts. Other treatment, repression lenses. A fine report.

(21) *Craw*——. Aet 70. Several months' mitral insufficiency. Treated April 26. No medicine. Breathing far less difficult.

(22) *Miss La*——. Tuberculosis. Arrested six years. General anemia. No medicine. Treated April 29. Noted general systemic improvement very marked.

(23) *Miss Roo*——. Steno. Incipient tuberculosis. Treated April 27. Not much change. Trifle less tired.

(24) *Bow*——. Tuberculosis. Treated April 29. Increasing capillary circulation.

(25) *Mrs. Hit*——. Exophthal-

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mic goitre. Treated April 2 and 9.
No report.

(26) Dr. B——. Try out, April 24. Noted tonic stimulation.

The foregoing give a running idea of cases treated, mostly in conjunction with other treatment, but I am sure we have a great tonic in the serum worthy of careful clinical study.

Hastily,

(Signed) Z. L. BALDWIN.

From May 13th to 15th I was a guest over Sunday at Dr. Baldwin's home-like sanitarium and interviewed personally many of the patients mentioned in his report which I found to be conservative. While his institution is small the variety of

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so-called incurable cases is large and the results he is getting are remarkable.

I saw one or more cases of each of the following: Diabetes, Brights, Pulmonary and bone tuberculosis, Paralysis, Arthritis deformans, Acne, Exophthalmic goitre, Rheumatism and Epilepsy.

Some of the cases were being treated only with repression lenses, others with only intravenous injections of salicylic acid and guiacol, others only with my auto-hemic method, while still others were receiving all three forms of treatment.

Dr. Baldwin, imbued with a scientific spirit, was generous enough to give the auto-hemic treatment a liberal amount of credit. He regards it as a most valuable auxiliary in

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almost all his cases and in many as the only treatment needed.

Case No. 9 in his report I found to be a man 64. He told me that he had been a clerk in the People's Bank, Detroit, 27 years, had to give up work a year ago, came to the sanitarium seven weeks ago, at which time his hands, feet, jaws, neck were so stiffened by lime deposit about the joints that if he were placed in a chair or in a bed in any position he could not move one-half inch if it were to save his life. He and his wife both told me that he had walked on the streets of Kalamazoo the day before, May 13th, one mile. I saw him myself get up, sit down, walk up and down stairs alone.

His treatment had consisted of three salicylic-guiacol injections and

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two of my auto-hemic treatments along with colonic flushings.

Case No. 2 of the Baldwin report may be taken as a good illustration of the limitations of the applicability of the auto-hemic treatment.

The lady, age about 40, and single, had been in the sanitarium many weeks. In general she had improved since taking the serum, but it seemed to me similar to the improvement I had noted many times in cancer patients. The tumor of the womb had continued to grow along with symptoms suggestive of cancer.

Her suffering was considerable all the time, and part of the time it was simply unbearable.

At her urgent request and upon the advice and with the assistance of Drs. Baldwin and Creely I then and

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there during my visit at the institution removed the uterus with its large intramural fibroid.

Results fully justified the operation.

Space does not permit descriptions of some of the other cases almost as remarkable which received only the auto-hemic serum or only the lens treatment or only the salicylic-guiacol treatment.

THE DES MOINES REPORT

The following report dated May 15th, 1916, is from Dr. Geo. M. Gjestwang, one of my former students and laboratory assistants, and now for several years in charge of the laboratory of Dr. W. A. Guild at Des Moines, Ia. It came in response to my request to send

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me a report of two or three cases out of the many they had treated according to my method.

Dear DR. ROGERS:

Enclosed please find report of 4 cases which we have treated with the auto-hemic dynamogenic serum.

The book you are writing is a good one and undoubtedly the first along those channels of scientific modernism.

We are very busy and are giving the serum in several cases at present.

(Signed)

GEORGE M. GJESTWANG.

Case (1) Mr. B.—Electrician, age 29, had for three years complained of a constant pain in the heel which always made walking difficult and at times almost impossible. A few days before the pain in the heel started he developed a discharge from the urethra which became chronic. At times the dis-

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charge would be very profuse and urination intensely painful. Three years ago he spent three months treating at several genito-urinary clinics but without relief.

A physical examination revealed a tender inflamed urethra, an enlarged prostate and a painful rectum. Microscopical examination of the discharge and the urine showed gonococcus, several strains of staphylococcus and epithelium from the deeper layers of the mucus membrane of the bladder.

The patient was put on a treatment of Auto-hemic-dynamogenic serum eight days ago. All the symptoms have disappeared. The patient is still under observation.

Case (2) Mr. W.—Janitor, age 42, who at the time of his applica-

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tion for treatment at this office had suffered six months from articular rheumatism, during which time he had spent two months in a hospital and continually taken medicine and treatments without any relief.

He was given six injections of Auto-hemic-dynamogenic serum, all the symptoms disappeared. He has remained well.

Case (3) Mr. H.—Farmer, age 51, complained of urethritis with constant dripping of urine, also a constant pain in the back. Physical examination revealed an enlarged prostate and tenderness in the regions of the appendix, kidneys, ureters and bladder. The urine contained a sediment which constituted about one-fourth of the specimen. Microscopical examination of this

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sediment revealed gonococcus, bacillus coli communis also staphylococcus pyogenus aureus and albus. He had taken much medicine and many treatments for this complaint but without results. He was given one injection of Auto-hemic-dynamogenic serum after which all symptoms disappeared and the patient has had no recurrence. Two years have elapsed since the treatment was given him.

Case (4) Mrs. K——. Housewife, age 38, had left breast amputated for cancer several months previous to her appearance in this office. A physical examination revealed a recurrence of cancer of the breast, also an axillary tumor and a fibroid of the uterus. She was given Auto-hemic dynamogenic serum for a period of four

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months, at the end of which time all the tumors had disappeared and the malignant wound of the breast perfectly healed. I saw this lady four weeks ago and she reported that there has been no recurrence of malignancy since she took the serum three years ago.

CONCLUSION

After he has completed the reading of the foregoing pages I imagine I hear the skeptic saying testimonials are easy to get and almost any patient can be made to say he or she is better after taking any new treatment. The only reply we have to make is to say that we got the same good results when we administered the treatment to children.

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This reminds us of the case of the first child that we treated with the serum. The mother, a Polish girl, left the hospital without permission when the child was two weeks old and never returned to get him. He was about as unpromising a specimen of humanity as we had ever seen, cross-eyed in the extreme, crooked back and bow-legged. When he was a year old he could not sit up alone. Of scores of women that called at the hospital seeking babies to adopt, not one would look at him a second time. When he was about fifteen months old an enormous swelling developed in the region of the right kidney. Thinking it was an abscess we inserted a large hypodermic needle and were surprised to find nothing but blood. We made

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a serum from this blood and gave it to him. No one at the time thought he would live another month. His complexion previously had resembled the color of the rind of smoked ham. Within a week a remarkable improvement in his skin was noticeable. It was several degrees whiter. He steadily improved and within a month he smiled for the first time in his life and ceased to cry most of his waking hours as he had done previously. The cross-eyed condition was much less. Within three months he was so presentable that a kind hearted lady adopted him as her own. When he was three and a half years old she brought him back to show what a fine boy he was. He turned somersaults, stood on his head and went through a number of

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other gymnastic exercises for our benefit.

This case reminds me of a girl of nine who appeared to be about 6 years old. She was stunted and backward, mentally and physically. Within three months after the first treatment she had shown marked improvement generally and her sister claimed that she had grown a head taller.

A woman of thirty-five had had rheumatic trouble six months, could hardly walk at any time and at times could not walk at all, her husband being obliged to carry her from one part of the house to another. Her suffering was intense, mostly located in feet and ankles. In June, 1913, she was given one treatment of serum on a Saturday afternoon.

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Sunday afternoon she walked ten blocks to Jackson Park and played tennis.

I had forgotten all about her case until she made a social call on me today, May 19, 1916, and told me that she has not had the slightest rheumatic trouble since the first twenty-four hours after that one injection of the Auto-hemic treatment.

We are fully aware that we may be deceived some times into giving credit to a remedy when the results have really been brought about by suggestion.

Once we took a few drops of blood from the arm of a young man while he was looking the other way, as many patients do to avoid seeing the needle. Without explanations

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we told him to come back to the clinic next day. On his return I greeted him with the usual salutation: "How are you?" He, to my surprise, replied, "Better! That stuff you put into my arm yesterday has done me a world of good. I am improved in every way." He said this in all seriousness in spite of the fact that we had given him nothing.

I am also aware that there are several substances, some of them apparently neutral or indifferent under ordinary conditions, which when injected into a vein will stimulate the individual to greater activity temporarily, but I know of no other than the auto-hemic serum which will produce a lasting beneficial result.

On May 12th, 1916, I read a

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paper on auto-hemic therapy before the Chicago Society of Medical Research, announcing my discovery to the profession. When I stated that my observations upon expectant mothers had been very encouraging but not sufficiently large to insure reliable conclusions and that my researches in this direction had been indirectly handicapped by ignorance of our work and of the immensity of its possibilities in the field of eugenics the society promptly and unanimously authorized the appointment of a committee to assist me in every way possible in securing a test of the treatment upon at least 100 expectant mothers.

During the discussion that followed the reading of my paper, Dr. F. B. Fellows, of 209 So. State

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street, Chicago, Secretary of the Chicago Society of Medical Research, said:

“I have had under my care for about ten months a man whose case was diagnosed as pernicious anemia by a New York specialist. I estimate that he can not live longer than thirty days. If auto-hemic serum can help this case, I will believe all the fairy-like reports Dr. Rogers has read to us tonight.”

On May 16, 1916, at 1 p. m., I took a sample of blood from that patient. His temperature was 103.8; pulse, 100. The next day, at 9:35 a. m. I injected the serum. I gave him 30 drops intravenously and 30 drops subcutaneously. His temperature at that time was 101.4; pulse, 89. The next morning, May 18, temperature,

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98.4; pulse, 80. The next day, May 19, temperature, 105; pulse, 90. Complaining of pain where I made hypodermic injection.

Temperature became normal the next day and has remained so.

On May 28 patient, who had been practically bedfast previous to the injection, was walking about, answered telephone and asserted he was almost well. Night sweats, which had been very profuse, had about ceased. No fever. Appetite never greater in his life. May 27 patient took 30 mile auto ride and discussed his business plans for the future. June 20, 1916, patient considers himself well. Dr. Fellows confirmed the patient's statements.



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